

Youth & Teens

Spring Break YOUTH CAMPS

— APRIL 6–10 —

Lego® Jedi Engineering Camp

Ages 5 to 7 years

Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. **SEE PAGE 5**

Rhythmic Gymnastics & Creative Dance Spring

Girls Ages 5 to 12 years

Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops will be emphasized along with ballet preparation and creative dance. **SEE PAGE 5**

Advantage Basketball Camp

Ages 6 to 17 years

Advantage Basketball Camps were named by "Sports Illustrated Kids" as one of the top camps in the country. Your child will learn life lessons that they will carry with them after the camp. **SEE PAGE 5**

Skyhawks Soccer Camp

Ages 6 to 12 years

Using our progression-based curriculum, our sport-specific staff will ensure your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Camp focuses on dribbling, passing, shooting, and ball control. **SEE PAGE 5**

Challenge Island Camp

Ages 5 to 11 years

Challenge Island is a wacky, whimsical enrichment journey for children onto various islands that provide Challenges in STEM (Science, Technology, Engineering and Math). They not only learn science, but team work, social skills, public speaking and scientific process. **SEE PAGE 5**

Music

Move Over Mozart Piano Classes

Grade K-6; Ages 5 to 12 years

Learn to play piano familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists).

For more information visit moveovermozart.net.

Location: NKCC

Spring Monday: 9 weeks

No class 5/25 • Resident \$89 / Non-Resident \$107

Grade K-1 Ages 5 to 6 years

Mon	4:30–5pm	Apr 13–June 15	45467
Mon	5:30–6pm	Apr 13–June 15	45468

Grade 2-6 Ages 7 to 12 years

Mon	6–6:30pm	Apr 13–June 15	45484
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Spring Tuesday & Thursday: 10 weeks

Resident \$99 / Non-Resident \$119

Grade K-1 Ages 5 to 6 years

Tue	4:30–5pm	Apr 14–June 16	45469
Thur	4:30–5pm	Apr 16–June 18	45470
Thur	6–6:30pm	Apr 16–June 18	45471

Grade 2-6 Ages 7 to 12 years

Thur	5–5:30pm	Apr 16–June 18	45485
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Summer: 9 weeks

Resident \$89 / Non-Resident \$107

Grade K-1 Ages 5 to 6 years

Mon	4:30–5pm	June 22–Aug 17	45478
Mon	5:30–6pm	June 22–Aug 17	45479
Tue	4:30–5pm	June 23–Aug 18	45480
Thur	4:30–5pm	June 25–Aug 20	45481
Thur	6–6:30pm	June 25–Aug 20	45482

Grade 2-6 Ages 7 to 12 years

Mon	6–6:30pm	June 22–Aug 17	45486
Thur	5–5:30pm	June 25–Aug 20	45487

For Move Over Mozart classes for
ages 3-6 years, see page 21

Beginning Guitar Turbo Charged!

12 years to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

Student must provide their own instrument

• Instructor: Scott Lawson • Location: NKCC • 8 weeks

No class 5/25 • Resident \$98 / Non-Resident \$118

Ages 12 to 15 years

Mon	5:15–6:15pm	Apr 13–June 8	45552
Mon	5:15–6:15pm	June 22–Aug 10	45554

Ages 16 years to Adult

Mon	6:30–7:30pm	Apr 13–June 8	45553
Mon	6:30–7:30pm	June 22–Aug 10	45555



Art

Explorations for Young Artists

Ages 6 to 10 years

This class introduces young artists to the adventure of exploring the world of art. Each week a new project explores a new way to play with different mediums including clay, painting, printmaking, found object construction and more. In an atmosphere of play the young artists learn foundational art skills and the creative process.

Bring a paint shirt. Beginning and continuing students welcomed. Supplies provided • Classes offered in partnership with the Kirkland Arts Center • Location: PKCC
6 classes • Resident \$75 / Non-Resident \$90

Sat	9:30–11am	April 11–May 16	44929
Sat	9:30–11am	May 23–June 27	44930
Sat	9:30–11am	July 11–Aug 15	44931

Cooking

Creating in the Kitchen with Karen

Ages 4 to 8 years

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • 8 weeks • No class 5/25 • \$10 supply fee payable to instructor • Resident \$69 / Non-Resident \$83

Mon	3:50–4:50pm	Apr 13–June 8	45441
Mon	3:50–4:50pm	June 15–Aug 3	45443

For Creating in the Kitchen with Karen ages 3 to 5, see page 20

Summer Workshop: Dinner & Dessert with Karen

Ages 6 to 8 years

Come have some fun learning to create a three course meal fit for your family dinner including dessert too! Each day we will have new recipes and will talk about: picking fresh and healthy ingredients, chopping, measuring, and the correct cooking method needed for each course. This program is hands-on so dress for cooking and an explosion of flavor!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland. To enter the park, head north on 108th Ave NE from NE 116th St., then turn into the 1st driveway on the right. • Resident \$124 / Non-Res. \$149

Mon–Wed	1–3pm	Aug 17–19	45556
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Language

French for Children

Ages 5 to 9 years, parent participation optional

This French immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class.

Instr: Frederique Battestini/Polly-Glots • Location: NKCC

9 weeks • No class 5/23 • Resident \$151 / Non-Res \$181

Sat	10–10:45am	Apr 18–June 20	45460
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6 weeks • Resident \$101 / Non-Resident \$121

Sat	10–10:45am	July 11–Aug 15	45461
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Spanish for Elementary Youth

Ages 5 to 9 years

Help your children get a head start by learning a foreign language early. This Spanish immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities.

Instructor: Polly-Glots • Location NKCC • 6 weeks Resident \$101 / Non-Resident \$121

Sat	9–9:45am	July 11–Aug 15	45780
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For Parent/Child Spanish & Chinese ages 1 to 5 years, see page 18

Martial Arts

Bully Proof Martial Arts Program

Ages 7 to 12 years

Teach your kids to stand up for themselves! “I’m giving them the courage, and the permission, to be loud with someone who’s physically threatening them” said Korbett Miller of Miller Martial Arts Academy as quoted in an anti-bullying article on www.moms.today.msnbc.msn.com. Class incorporates martial arts to build self esteem and give students alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

Location: Miller’s Martial Arts Academy, 8920 122nd Ave NE, Kirkland • Instructor: Korbett Miller • 8 weeks No class 5/23 • Resident \$57 / Non-Resident \$68

Sat	9:45–10:30am	Apr 18–June 13	45569
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Life Skills & General Interest

Self Defense for Children

Ages 5 to 9 years with parent

Today’s news is filled with stories of child abuse, assaults, and Amber alerts. Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class for girls and boys ages 5 to 9. Learn about risks facing your kids, how to frame the discussion with children, and recognizing when someone may be targeting your family. Children will practice the ‘five fingers’ approach: think, yell, get free, run, and tell.

Instructor: Joann Factor • Location: NKCC Resident \$43 / Non-Resident \$52

Sat	12:30–2pm	May 30	45557
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Young Ladies & Gentlemen (Etiquette)

Ages 6 to 11 years

Manners are the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more.

Instructor from Final Touch Finishing School Location: Heritage Hall, 205 Market St, Kirkland Resident \$39 / Non-Resident \$47

Tue	9am–12pm	July 14	45560
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Starting Point — Middle School Success

NEW!

Ages 12 to 14 years

Navigate middle school with confidence and class with the 3 R’s—respect, restraint & responsibility! Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

Instructor: from Final Touch Finishing School Location: Heritage Hall, 205 Market St, Kirkland Resident \$54 / Non-Resident \$65

Tue	1–5pm	July 14	45559
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Youth & Teens

Life Skills...

Super Sitters

Ages 11 to 15 years

This program is designed to train young people in basic babysitting and home-alone skills. Students completing this course will be better prepared to provide a safer and more positive infant/child care experience. Taught by a hospital-qualified instructor, this class includes parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a Babysitting 101 handbook and a certification card upon completion of the class.

Bring a sack lunch, drink, and afternoon snack

Instructor: Cindy Tucker • Location: NKCC

Resident \$48 / Non-Resident \$58

Sat	9am–2pm	May 2	45561
Sat	9am–2pm	Aug 1	45563

Self Defense for Teen Girls

Ages 14 to 19 years

This three hour course will provide young ladies the education and awareness to avoid and escape potentially dangerous situations. Course will cover dating violence, how assailants target and test potential victims, personal safety and much more. Students will learn physical techniques, strikes and releases to safely remove oneself from dangerous situations. It is a great class to take with a friend. Class size limited to 15!

Instructor: Joann Factor • Location: NKCC

Resident \$60 / Non-Resident \$72

Sat	1–4pm	Aug 22	45565
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Self Defense for Girls Off to College

NEW!

Ages 17 to Adult

Maximize the positive in your next four years: learn simple and effective ways to stay out of harm's way on and around campus while still enjoying the full college experience. In this short seminar, we will address 2 ways to identify possible evil-doers, 3 strategies to evade them, and 4 techniques to neutralize their ill intent. Some of this class will be physical, some verbal, and all aimed at increasing your choices. EmPOWERment doesn't get more fun! Class size limited to 15!

Instructor: Joann Factor • Location: NKCC

Resident \$70 / Non-Resident \$84

Sat	12:30–4pm	Aug 15	45568
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Rhythmic Gymnastics

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta. She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2

Rhythmic Gymnastics for Youth

Girls Ages 6 to 8 years

In this class for new and continuing students we will work on ballet, conditioning, and the basic study of Rhythmic Gymnastics. Simple routines will be taught to new students while using hoop, ball, and rope. We will challenge continuing students with advanced routines and all other areas of Rhythmic Gymnastics. Gymnasts in this class may be invited to participate in the Academy's performances and exhibitions.

Gymnastics leotard required, bare feet or socks OK.

Location: La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland • www.lalunagym.com

8 weeks • No class 5/23 • Note classes are 1½ hours

Resident \$116 / Non-Resident \$139

Sat	1–2:30pm	Apr 18–June 13	45550
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**For Rhythmic Gymnastics
ages 4 to 5, see page 24**

Teen Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20-year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet—Teen

Ages 10 to 16 years

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

Location: PKCC • Instructor: Marco Carrabba

No class 5/25 • 6 classes • Resident \$66 / Non-Resident \$79

Wed	4:15–5:15pm	April 1–May 6	44646
Mon	4:15–5:15pm	April 6–May 11	44647
Wed	4:15–5:15pm	May 13–June 17	44648
Mon	4:15–5:15pm	May 18–June 29	44657
Wed	4:15–5:15pm	June 24–July 29	44658
Wed	4:15–5:15pm	July 6–Aug 10	44659

Ballet for Skater

All Ages

Learn the fundamentals of alignment and classical movement for figure skaters. Off-ice training exercises are very beneficial for skaters. Focus on arm and hand positions, upper body technique, building core strength, lengthening, flexibility, jumps and partnering. Ballet training gives the "competitive advantage" for any aspiring figure skater.

Location: PKCC • Instructor: Marco Carrabba

No class 5/25 • 6 classes • Resident \$50 / Non-Resident \$60

Mon	5:20–6:05pm	April 6–May 11	44662
Mon	5:20–6:05pm	May 18–June 29	44663
Mon	5:20–6:05pm	July 6–Aug 10	44671

Youth Dance

Beginning Ballet/Tap Combo

Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B. Using two-thirds ballet and one-third tap, this class will build technique and dance vocabulary. Parent watch day is during the last class; bring your camera!

*Ballet and tap shoes required • Location: NKCC
9 weeks • Resident \$65 / Non-Resident \$78*

Tue	5:45–6:30pm	Apr 14–June 9	45570
Tue	5:45–6:30pm	June 23–Aug 18	45571

Ballet 1

Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Prerequisite for 5 year olds: Preschool Dance B or equivalent experience. 5 year olds must register by phone at 425.587.3350. Bring your cameras, Parent Watch day is the last day of session.

*Location: NKCC • 8 weeks • No class 5/23 & 7/4
Resident \$58 / Non-Resident \$70*

Sat	11:30am–12:15pm	Apr 18–June 13	45572
Sat	11:30am–12:15pm	June 27–Aug 22	45573

Keiki Hula

Ages 5 to 8 and 8-10 years

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance.

Please wear shorts and t-shirts to class.

Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Ages 5 to 8 years

*Spring 9 weeks • No class 4/22 & 4/29
Resident \$64 / Non-Resident \$77*

Wed	5:30–6:15pm	Apr 8–June 17	45574
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Summer 6 weeks • Resident \$42 / Non-Resident \$52

Wed	5:30–6:15pm	July 1–Aug 5	45576
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Ages 8 to 10 years

*Spring 9 weeks • No class 4/22 & 4/29
Resident \$64 / Non-Resident \$77*

Wed	4:35–5:20pm	Apr 8–June 17	45575
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Summer 6 weeks • Resident \$42 / Non-Resident \$52

Wed	4:35–5:20pm	July 1–Aug 5	45577
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Hip Hop Girls 1

Ages 5 to 7 years

Dance like your favorite pop stars! In this high-energy, age appropriate class, girls will learn fun hip-hop techniques and combinations, danced to their favorite music. Hip Hop is a popular, energetic pop style version of urban street dance. Learn the latest moves to “today’s” (clean version) of music. Build self-esteem, enhance your coordination and stay fit!

Wear loose clothing and tennis shoes please!

Location: NKCC • 8 weeks • No class 7/22

Resident \$56 / Non-Resident \$67

Wed	3:30–4:15pm	Apr 15–June 3	45578
Wed	3:30–4:15pm	June 17–Aug 12	45580

Hip Hop Boys 1

Ages 5 to 7 years

Boys can benefit from dance and the concentration and strength that dance builds. These classes are designed to encourage athleticism. Boys process new information in a different way than girls and will feel more comfortable and accomplished in an environment that is designed just for them. Learn to express yourself through music and dance, using the dynamic dance style of hip hop, a dance form that focuses on the hip hop culture, music attitude, style and funk just for boys.

Wear loose clothing and tennis shoes please!

Location: NKCC • 8 weeks • No class 7/22

Resident \$56 / Non-Resident \$67

Wed	4:20–5:05pm	Apr 15–June 3	45582
Wed	4:20–5:05pm	June 17–Aug 12	45584

Hip Hop 2

Ages 8 to 10 years

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to “today’s” music while you build self-esteem, enhance your coordination and stay fit!

Wear loose clothing and tennis shoes please!

Location: NKCC • 8 weeks • No class 7/22

Resident \$56 / Non-Resident \$67

Wed	5:15–6pm	Apr 15–June 3	45586
Wed	5:15–6pm	June 17–Aug 12	45588

Cheerleading

Dream Team Cheer Squad **NEW!**

Ages 7 to 18 years

Be a part of the Kirkland Parks beginning-to-intermediate level cheer squad! You’ll learn dances, cheers, and beginning tumbling. There will be opportunities to perform too. Dream Team has performed at halftime for the Seattle Storm and University of Washington basketball games.

*Previous experience is not required—contact instructor with questions, anne@EastsideDreamElite.com.
(Some extra uniform costs may be incurred for this class.)*

Location: NKCC • 8 classes • No class May 28

Resident \$100 / Non-Resident \$120

Thur	4–5:30pm	Apr 16–June 11	45590
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Youth & Teens



Stand Up Paddleboard (SUP) Yoga

COED: Ages 12 and up

Classes combine your favorite yoga routines and put them on the water! Both yoga and stand up paddle boarding are great for building better balance, coordination, endurance, and body strength. We begin class on shore to go over the basic fundamentals of SUP; water safety, proper paddle positioning, stroke technique, and more. All levels welcome. All equipment provided. Although no SUP or yoga experience is required students should feel comfortable in open water and be able to tread water.

Location: Juanita Beach Park SUP Shack, 9703 NE Juanita Dr
4 classes • Resident \$95 / Non-Resident \$114

Tue	6–7:15pm	July 7–28	44156
Tue	6–7:15pm	Aug 4–25	44157
Thur	6–7:15pm	July 9–30	44158
Thur	6–7:15pm	Aug 6–27	44159

UK Elite Feet Soccer Academy

UK Elite offer the best possible professional training for players aged 7 to 13. Players are divided into groups that match our age-specific curriculum. Older players will learn tactical and functional aspects of soccer while the younger ages will have access to the best possible skill building, fundamental training.

Location: Juanita Beach Park, 9703 NE Juanita Dr
Resident \$100 / Non-Resident \$120

COED: Ages 7 to 9 years

Sat	10–11:30am	Apr 18–June 13	44018
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COED: Ages 10 to 14 years

Sat	11:30am–1pm	Apr 18–June 13	44019
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**KIRKLAND
KIDS
TRIATHLON**

SWIM BIKE RUN
AGES 3 to 12 YEARS
SEE PAGE 48

SEPTEMBER 12, 2015

Youth Ice Hockey 1: Learn to Skate

Ages 4 to 13 years

The focus and goal of Hockey 1 is to teach beginner ice skaters the fundamentals of ice skating. Players will become comfortable on the ice; learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick. Proper skating techniques are the primary focus of the levels.

Location: Kingsgate Arena; 14326 124th Ave NE Kirkland
• Equipment required: (Please note below equipment can be rented) helmets, stick, gloves rental available with registration • 6 week series, one class a week • Prerequisite: N/A (new skaters welcome) • No class on 4/25, 5/23, 7/4

Registration closes one week in advance

Class Fee with No Rental Equipment \$110

Sat	11:40am–12:40pm	Apr 11–May 30	45686
Sat	11:40am–12:40pm	June 6–July 18	45687
Sat	11:40am–12:40pm	July 25–Aug 29	45690

Class Fee with Rental Equipment \$125

Sat	11:40am–12:40pm	April 11–May 30	45688
Sat	11:40am–12:40pm	June 6–July 18	45689
Sat	11:40am–12:40pm	July 25–Aug 29	45692

Youth Ice Hockey 2: Learn to Play

Ages 4 to 13 years

Hockey 2 is ideal for boys and girls that have either taken Hockey 1 or have basic skating skills and are ready to move onto a full hockey curriculum. The program focuses on the fundamental skating and stick-handling skills used in games, in addition to improving each player's balance, agility and control. Players get the opportunity to play in game situations. Players are in FULL hockey gear for this class. Course fee includes jersey, distributed mid-season, and end of the year award.

Location: Kingsgate Arena; 14326 124th Ave NE Kirkland
• Full hockey equipment required (equipment rental available) • 16 week program • No class 4/4 & 25, 5/23, 7/4 • Prerequisite and Requirements: Hockey 1 or basic ice skating skills • Players must be registered with USA Hockey and will be given instructions on how to do so prior to the 1st day of class • Annual membership cost is \$49 for ages 7 and up • No fee for 6 years and younger

Registration closes one week in advance

Class Fee w/ No Rental Equipment \$195

Sat	8:10am–9:10am	March 21, 28	45694
	11:40am–12:40pm	Apr 11–Aug 1	

Class Fee w/ Rental Equipment \$270

Sat	8:10am–9:10am	March 21, 28	45697
	11:40am–12:40pm	Apr 11–Aug 1	

APRIL 6–10
Spring Break
YOUTH CAMPS
SEE PAGE 5

Youth & Teens

Youth Tennis Lessons

Using the USTA's QuickStart Tennis program play is structured for kids to learn, rally and play in a way that is enjoyable and rewarding which will promote a lifelong passion for the game. All sessions are two weeks in duration for a total of 8 lessons. Classes meet Monday through Thursday with Friday designated as a makeup day if needed. Loaner rackets are available. Don't forget your water and sunscreen!

QuickStart Beginner

Ages 8 to 14 years

The Basics: Forehand, backhand, serve and scoring.

Resident \$66 / Non-Resident \$79 • Location: Juanita High School Tennis Court, 10601 NE 132nd St., Kirkland

Mon-Thur	9-10am	June 22-July 2	44579
Mon-Thur	9-10am	July 6-July 16	44580
Mon-Thur	9-10am	July 20-July 30	44581
Mon-Thur	9-10am	Aug 3-Aug 13	44582
Mon-Thur	9-10am	Aug 17-Aug 27	44583

QuickStart Intermediate

Ages 8 to 14 years

Fine-tuning basics, specialty strokes and game strategy. Players can presently sustain a short rally, knows how to serve and start play as well as a good understanding of scoring.

Resident \$66 / Non-Resident \$79 • Location: Juanita High School Tennis Court, 10601 NE 132nd St., Kirkland

Mon-Thur	10:05-11:05am	June 22-July 2	44584
Mon-Thur	10:05-11:05am	July 6-July 16	44585
Mon-Thur	10:05-11:05am	July 20-July 30	44586
Mon-Thur	10:05-11:05am	Aug 3-Aug 13	44587
Mon-Thur	10:05-11:05am	Aug 17-Aug 27	44588



Ice Skating ALL AGES!

Introducing the thrill and athletic challenge of Ice Skating in a fun and safe learning environment. Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Participants will progress toward edge control and more advanced footwork. Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

Location: SnoKing Arena, 14326 124th Ave NE, Kirkland • Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time • Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on and wear warm clothes, jacket and gloves

Spring Classes

7 weeks • No classes 5/22, 5/25 • Res. \$130 / Non-Res. \$156

Ages 5 to Adult

Mon	6-7pm	Apr 27-June 15	45059
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Ages 4 to Adult

Tue	10:45-11:45am	Apr 28-June 9	45061
Fri	6-7pm	May 1-June 19	45063

Summer Classes

Ages 5 to Adult

7 weeks • Resident \$130 / Non-Resident \$156

Mon	6pm-7pm	July 6-Aug 17	45065
Tue	10:45-11:45am	July 7-Aug 18	45066

Specialized Recreation

Sponsored by the City of Kirkland and Friendship Adventures

FAMILY

BINGO

NIGHT!

SATURDAYS

MARCH 7 & MAY 16, 2015

6:30-8:30PM

Access drop-off time 7pm,
pick up from 8:15-8:45pm

North Kirkland Community Center

12421 103rd Ave NE, Kirkland, WA 98034

- \$5 per person at the door
- No charge for volunteers and caregivers
- Snacks and Beverages Provided

★ **COME FOR AN EVENING OF FUN AND PRIZES!** ★

Please RSVP with the number attending at least 2 weeks in advance to:

Maureen@friendshipadventures.org
or call **425.444.3132**.

Payment will be collected at the door!

Friendship Adventures is dedicated to enriching the lives of people with developmental disabilities through recreational, educational, and leisure opportunities.